



MINUTES

Mental Health Leadership Committee Meeting

Thursday, January 21, 2021
3:30-5:00 PM
Microsoft Teams

Chair: Laura Conboy

Recorder: Lynne Rousseau

Attendees: Margo Beach, Maureen Bartlett, Laura Conboy, Nicola Dillard, Catherine Greene, Gillian Gunn, Suche James, Kristy Luffman, Alison McDonnell, Melissa Hillman, Cheryl Owen-Dawson, Shona Ribbel, Shawn Quigley, Cheryl Snider, Tom Revell, Ellyn Clost-Lambert, Gillianne Mundell, Megan Cochrane, Lynne Rousseau

Regrets: N/A

Agenda Item	Discussions/Decisions	MRP
1. Introductions	Land acknowledgement shared.	L. Conboy
2. Approval of Agenda	No new additions to the agenda.	All
3. Approval of Minutes	Minutes from the October 2020 meeting will be reviewed at the March 25, 2021 meeting.	All
4. Mental Health & Substance Use Strategy Updates	<p>Focus groups have been completed with Student Support Counsellors (SSCs), Adolescent Care Workers (ACWs), Clinical Consultants (CCs), Social Workers (SWs), and the Special Education Advisory Committee (SEAC).</p> <p>Committee members were asked to complete a test version of the student survey to provide feedback.</p> <p>Ellyn Clost-Lambert reported that we are not able to use data from the student census due to privacy agreements. It will be important to be able to follow up with students if concerns arise from their responses to this survey, so it will be confidential but not anonymous. Considerations have been given to accessibility, consent, wording of the questions, etc.</p>	E. Clost-Lambert



	<p>Feedback from the Committee:</p> <ul style="list-style-type: none"> • The phone version was good, consent looks quite long but it needs to be, the survey was short. • The survey was indeed short. The length is a selling point. • Suche James advised that it would be nice to know students' race, gender, and sexual orientation. It is important to keep the same language as in the census for consistency. • Shawn Quiqley inquired about including programs such as SNAP and LINKS for students who are not attending mainstream school • For international students or students where English is their second language, does the survey consider accessibility? • Like the list of services at the end. • Can there be a "back" button? What about a progress bar? • Can there be an audio or video component can be integrated to the consent form? Closed captioning? 	
<p>5. School Mental Health Ontario (SMHO) Board Scan</p>	<p>Members of the Committee will receive a sampling of questions from the SMHO Fall 2020 Board Scan in the next week or so. Once the questions are received, please take time to consult with your affinity/colleagues so that your feedback may be integrated into the scan. Feedback is due February 11, 2021.</p>	<p>L. Conboy</p>
<p>6. Student Mental Health Supports During January 2021 Remote Learning Period</p>	<p>SSCs, ACWs, SWs provided virtual supports to K-12 students, either through telephone or MS Teams. Virtual support resources were developed for SSCs and ACWs.</p> <p>An updated LDSB pathways to care and community resource list were created.</p> <p>There were two crisis calls during the January 2021 remote learning period. These students were supported by our community partners.</p>	<p>L. Conboy</p>
<p>7. Staffing Updates</p>	<p>1 FTE SW to support grades 6 – 12 students attending the virtual school</p> <p>1 FTE SSC to support elementary students attending virtual school</p>	<p>L. Conboy</p>



	<p>1 FTE SSC to support students receiving school to community programming</p> <p>These positions are supported through one-time COVID funding and will end June 25, 2021.</p>	
8. Supporting Transition Resilience of Newcomer Groups (STRONG)	<p>STRONG was developed in partnership with SMHO and The Center for School Mental Health in Maryland. The 10-week group is designed to promote resilience and reduce distress among newcomers. Earlier this week, four SWs and Laura Conboy attended the two day virtual training.</p> <p>Next steps before running a group: Attend a booster session February 2, 2021; better understand LDSB's newcomer populations; explore a collaboration with Immigrant Services Kingston and Area.</p>	L. Conboy
9. The Umbrella Project	<p>LDSB has been able to offer 5 schools with this whole school, curriculum-based program for free, thanks to a grant from a community partner. An electronic dashboard, which includes K-12 lesson plans are provided to staff which focus on three pillars:</p> <ul style="list-style-type: none"> • Positive Priming • Inquiry Based Learning • Role Modelling <p>The five schools participating are: Bayridge PS, Henderson PS, Polson Park PS, Rideau PS, Virtual Elementary School.</p>	L. Conboy
10. Online Student Self-Referral Link	<p>The self-referral links for students to request school-based mental health supports are now live on all secondary school websites. This is an opportunity for secondary students to have equitable access to mental health services. Students are able to request ACW or SW services via this link. Inter-school council has been providing feedback to guide the implementation from the students' perspective to improve the students' experience. Social Media promotion will occur when the logistics have been worked out. Suche James wondered if there was an option to have the form in multiple languages (i.e., Arabic, Somali).</p>	L. Conboy
11. SMHO Action Kit	<p>Developed at the request of the Ministry of Education, the Action Kit is targeted at educators, parents/families and students. This is a suite of digital resources that includes classroom</p>	L. Conboy



	conversation starters, tip sheets about COVID stigma, return to school from winter break, lesson plans for K-12, virtual field trips focusing on coping skills, etc. There are a number of student resources designed by students for students as part of the kit.	
12. Upcoming Professional Learning Opportunities	<p>There are a number of upcoming webinars members may be interested in:</p> <ul style="list-style-type: none">• Indigenous Perspectives on the Mental Health of Children & Youth (January 26)Mental Health in Diverse Communities (January 22)Anti-black Racism in Education (January 26) <p>Bell Let's Talk Day is January 27, 2021</p>	L. Conboy
9. Adjournment	Meeting adjourned. Next meeting is March 25, 2021 at 3:30 PM.	L. Conboy